

## Tough as Nails

After a recent release, observant Atlantic Beach residents will be able to look out for a Honey badger while walking in the Blaauwberg Conservation Area. *Mellivora capensis* or ratel is a tenacious small carnivore with a reputation for being, pound for pound, Africa's most fearless animal. It's even listed as the "most fearless animal in the world" in the 2002 Guinness Book of Records.

Despite the wealth of folklore, honey badgers are relatively unknown and seldom seen. These tough guys are solitary carnivores with males and females meeting up to mate before going their separate way again. Without a fixed den, badgers move through their home ranges, often sleeping in a different hole each night or day. In areas not disturbed by man, they'll forage during the day, particularly during cool conditions. However, in areas of human activity, they're usually nocturnal.

Male badgers roam over 500-km<sup>2</sup> areas, with dominant males on regular patrols, scent marking at latrines. This olfactory notice board advertises which other males are around, as well as indicating receptive females. Females have home

ranges of about 150 km<sup>2</sup>. They only scent mark at latrines when in oestrus.

Honey badgers are jet black except for the grey mantle, separated by a white stripe, extending from the crown to the base of the tail. The colour of the mantle and stripe may vary and often becomes darker with age. The hair is coarse and longer on the hind legs and tail. Badgers have a distinctive jog-trot and stand approximately 30 cm high. Males may be twice the size of females. With a powerful and stocky build, these animals are well adapted to their digging lifestyle. They have no external ears, a broad muscular back, bowlegged front legs and formidable fore claws that may reach 40 mm in length.

Found in the greater part of sub-Saharan Africa, through the Middle East to southern Russia and eastwards as far as Nepal, honey badgers are unprotected on the International Red Data List and near-threatened in South Africa.

After a gestation period of 6 - 8 weeks, one, rarely two cubs are born. In the wild, their longevity is five to eight years and 24 years in captivity. Threats are direct



persecution by beekeepers, poultry and sheep farmers; indirect persecution through indiscriminate poisoning and trapping for jackal and caracal; and the traditional medicine trade.

As generalist carnivores, honey badgers have a wide diet of insect larvae, beetles, scorpions, lizards, rodents, birds, pythons, adders, cobras and black mamba. In addition, larger mammals such as the springhare, polecat, juvenile foxes, jackals, antelope and wild cats are caught. They've always been associated with honey, yet it's the highly nutritious bee brood they eat and they'll go to great lengths to raid honeybee hives.

**The ABHOA wishes all residents and creatures great and small a Season of great Peace and Joy**



# The power of NO!



There's no person more powerless than someone who simply can't say NO.

Many people live out their lives in self-imposed desperation because they're unable to demarcate territorial lines. This problem arises from the misguided concept that we should please those around us, so as to be more popular. Wrong!

It's those people who are comfortable in taking a stand on what they will or won't do that command respect from others. By saying NO, you play out the powerful belief that you count.

Some people are rendered powerless to achieve their life ambitions, because they're side-tracked all the time. This is because they say yes to things for which they don't have the time, nor the inclination. Often the people making demands are family or influential people.

Doing things you don't want to do causes a feeling of resentment, which could leave you feeling out of sorts. Like any habit, repeated practice will entrench it. The ability to say NO must be practised every day. If you do this religiously for three weeks, day in and day out, you'll slowly start to take back your power, showing the world that you count.



Photo by Nevil Braude

Summer is finally here. But with summer come high wind speeds and with high wind speeds comes fire. Estate manager Chris van Wijk was concerned that there were 230 tenants living on the estate and most hadn't collected the estate's rule book. This rule book contained vital information about guarding against potential fire hazards. "We're surrounded by fynbos, which is extremely dry at the moment. Therefore, residents need to be on high alert in terms of not leaving outdoor fires unattended. A fire can start in the blink of an eye," he warned.

High air temperatures, low humidity and high wind speed dry the vegetation, increasing fire risk and the difficulty of extinguishing a fire once it's started. And because of wind exposure, fynbos fires travel more quickly than forest fires.

Fuel reduction is a priority for protecting houses against bushfires. Gardens should have a low elevated fuel hazard by keeping the garden litter load less than 15 mm deep. A variety of plants from the Atlantic Beach plant list can be used as barriers for screening out radiant

## Be fire savvy

heat, intercepting wind-borne burning embers, or slowing down the fire front progress. Generally, broad-leaved, high foliar moisture plants are the most suitable and should be sited at the edge of the property on the fire-ward. Succulents are quite fire-retardant and thus perfect as a low-level barrier. Avoid flammable shrubs under decks, in hanging baskets or against walls and wooden pillars.

Trees with dead leaves hanging down shouldn't be in close proximity to the building. Burning branches may fall onto the house or may be blown into the house by strong turbulent winds. Dead leaves should be removed regularly.

Trees should be spaced at intervals and not touching, so as not to form a continuous canopy. Lower branches should be pruned, leaving a gap between

the ground and the lower limbs of the tree of at least 2 m. Regular maintenance is imperative.

Lawns should be kept as short as possible. Slash long grass where a mower can't reach. The arrangement of lawns should be organised so that there's no direct linear path from the property boundary along which wind could drive a fire right up to the house.

Hanging baskets that contain dry material are a threat, because flying embers could set alight the dry vegetation and bring flames into contact with roofing, wooden beams, curtains and highly inflammable material inside the house.

Finally, plant hedges from the approved plant list against the boundary and avoid wooden fencing or outbuildings on the boundary – especially creosoted material.

# From the Chair

Presenting "fairly in all material respects, the financial position of the company at 30 June 2007", the ABHOA's Annual Financial Statements have been finalised by auditors PKF. These statements are attached to the notice of the Annual General Meeting at Breakers Church on 4 December 2007 at 19h00.

Colin and Meryl Ainscough will be relocating and Colin will no longer be available to serve the ABHOA as a trustee. We thank him for his dedication as a trustee and wish the family every success with their move. They're not selling their property; therefore, Colin has agreed to assist the board as a specialist advisor. To ensure a smooth handover, the board nominated Andreas Muntingh, who's currently employed by KPMG as an associate director in the international corporate tax practice. Andreas has agreed to the appointment and on behalf of all members we express our appreciation that he'll be serving as a trustee.

Jerome Davids has been appointed estate security manager and will oversee the current security contract. Gordon Prins has moved to the full-time position of building controller and rules enforcement.

Summer brings the return of the south-easter winds and dry conditions. Fortunately, we have residents within each of the estate's villages who serve as emergency support in the event of fires. Thanks to these residents for their assistance and commitment to our community.

With the estate being in the final development stages, screening vacant sites alongside developed sites increasingly requires attention. Owners are reminded that site screening shouldn't cause an adverse visual impact to adjoining properties. It's unfortunate that certain residents owning fairway properties have cut paths through the fynbos to the fairway. This has a negative impact on the fynbos and the biodiversity, undermining efforts to develop and promote environmental best practice on the estate. Golf club staff and the ABHOA jointly will take steps to ensure rehabilitation.

In addition to the external perimeter fence motion detection system, the board has approved the installation of beams along certain parts of the perimeter fence.

After a comprehensive redesign, the ABHOA's website is being relaunched.



On the member page with security login protocols you'll be able to view your statements, update your details and deal with other member business.

The board wishes members, residents and their families all the best over the festive period.



## Spotlight on Yolanda Koekemoer

**Personal best achievement:** Moving from Johannesburg to Cape Town

**Professional best achievement:** Being a part of Promanage and moving from reception to my current position

**What you like most about Atlantic Beach:** The work team and friendly residents

**What you like least about Atlantic Beach:** Very occasional incidents of unfriendliness and rudeness

**Aspirations for the estate:** To become a unified community no matter what

**Person who's had the biggest influence on your life:** My parents

**Person you would most like to meet:** Nelson Mandela

**Favourite actors:** Angelina Jolie and Wentworth Miller

**Life philosophy:** You reap what you sow

**Biggest opportunity:** Buying my first car at age 19

**Biggest disappointment:** Losing my

grandfather in 2001

**Hope for the future:** Honesty and living life to the fullest!

**Hobbies:** Tropical fish, going to the beach

**Car:** Nissan Micra

**Favourite reading:**

The Bible

**Favourite colour:** Blue

**Best TV programme:** *Desperate Housewives*

**Favourite food/drink:** Pasta, apple juice

**Best time of day:** Home time

**Favourite music:** From gospel to hard rock

**Favourite holiday destination:** Africa

**Favourite sport (self):** None

**Favourite sport (spectator):** Rugby

**Biggest extravagance:** A holiday to Botswana and Zambia

**Miscellaneous dislikes:** Dishonest people

**Pets:** Two finches



**Position:** Estate administrative assistant  
**Date & place of birth:** 25 August 1982, Johannesburg

**Career:** I started selling construction sheeting and irrigation in 2000 and then worked at an office furniture manufacturer. At the end of 2004, I joined Promanage at Atlantic Beach

**Education:** Matric

# Quad fun - legally

Quad bikes are a definite no-no on the estate and surrounding BCA. But for those intrepid adventurers with a love of enjoying nature the motorised way, Quad Biking Tours is 45 minutes from Cape Town and the group provides easy off-road quad bike trails for beginners and experienced riders.

The quad bike trails range from morning or afternoon outings to full one-, two- and three-day expeditions. Designed in conjunction with Cape Nature Conservation to give an unusual and spectacular experience, the trails include access to Cape Nature Reserves, Cape Town state land and Cape Town private properties. A variety



of habitats are explored, including rare fynbos, forest and mountain scenery.

All the trails are in the Kogelberg - the first Biosphere to be registered in Southern Africa. It's without doubt one of the richest floral regions in the world. With some of the most spectacular

mountain and valley scenery, this fascinating eco-system will both inspire and amaze. The quad bike and motorcycle trails penetrate deep into this pristine wilderness opening up a whole new world for the adventure traveller.

Phone: 27 21 8591989.



## Winning Stroke

ABHOA member Amanda Hanel defied a difficult course and challenging weather

to finish second in the women's C division in the annual Sanlam Cancer Challenge finals at San Lameer in KZN recently. On the first day, she accumulated a handy 32 Stableford points despite the windy conditions and finished with 62 Stableford points on day two.

A total of 109 amateurs across SA and Namibia made it through to the finals. The Sanlam Cancer Challenge, with more than 40 000 amateurs taking part in the earlier stages, is arguably the biggest amateur golf tournament in the world. R2,5 million was raised for the fight against cancer.

## By the rule

For the comfort and consideration of all residents, the ABHOA has a rule book that can be collected from the estate office. Tenants and regular guests should also obtain a copy of this invaluable guide to tranquil estate living.

Please note that regular visitors, as well as house/pet sitters should register at security.

## Ringling in 2008

Residents are invited to join the ABHOA for a street party on New Year's Eve. Starting at 19h30 at the park in front of the clubhouse, there will be a spitbraai, good music and a dance floor for the foot-tappers. All you have to do is provide your own drinks and show up! Please confirm your attendance with Yolanda Koekemoer at the ABHOA offices.

Animal-loving residents and Atlantic Beach pets will heave a sigh of relief about the fireworks ban on the estate.

So, thankfully New Year's Eve will be without loud bangs.



## Advertise!

This is the first edition of *The Breeze Classifieds* insert. All residents are welcome to advertise bona fide services, classes, goods for sale or to swop at no charge. The deadline for submissions in writing to [mariette@tomar.co.za](mailto:mariette@tomar.co.za) will be strictly one month prior to publication date: 1 Feb for March; 1 April for May; 1 June for July; 1 Aug for September, and so forth.

The reverse side will advertise specialist services available to Atlantic Beach residents at a nominal fee to cover costs. Details are available from Yolanda at the ABHOA offices, tel 021 5530590.